

HEALTH PROMOTION & PREVENTION INITIATIVES NEWSLETTER



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Initiative Spotlight



Population Health Dental Metrics

The Problem

Soldiers undergoing yearly dental exams routinely received standardized prevention treatment, regardless of their risk for caries or their tobacco use. The identification of high-risk patients was not possible due to the lack of data capture capabilities. In a busy exam setting, dental healthcare providers would benefit from a tool to identify high-risk patients in order to focus on appropriate prevention strategies.

The Proposed Solution

This HPPI project refined the existing dental classification system to include measures for caries risk and tobacco use, and to electronically capture this information in the Corporate Dental Application (CDA). The goal was to make caries and tobacco risk assessment mandatory for 100 percent of annual dental examinations for active duty Soldiers.

Result

The initiative succeeded in making the caries risk and tobacco risk assessments mandatory during the annual dental exam. The measures were incorporated into the CDA, and were keyed as a "mandatory field" in the summer of 2003. A standardized system was developed and implemented that will enable dental care providers to identify high-risk patients and tailor care accordingly. The evidence-based identification of Soldiers at high risk for dental disease will help practitioners in their prevention efforts. The electronic identification of units that have a large proportion of high-risk Soldiers will also enable better targeting of prevention activities.

For more information, visit **HPPI Project Profile #2018** at <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>
Dental Population Health Measures: Supporting Army Transformation addresses caries risk assessments in depth in Military Medicine, Vol. 168, March 2003.

Ideas from the Field...

Getting Staff Support for Change

Getting buy-in is crucial to implementing a program, changing a process, or modifying a workflow. How can you get this buy-in?

- Do your homework ahead of time.
- Talk to staff **before** making any changes. Ask for their suggestions **and incorporate them whenever possible**. Look at the change from their viewpoint.
- Be ready to answer negative questions.
- Before making changes, show how the change benefits both patients and staff.
- Point out what will stay the same.
- Implement big changes in tiny pieces: think small – in inches, not miles.
- Continually ask for feedback from staff during the transition or implementation process.
- Work hard to make the change as smooth as possible.
- Try to minimize disruptions.

Obtaining support for change is **the** most important step in implementing any program.

Prevention Resources

Resources for individuals and healthcare providers; includes an online quit guide. Great resource for the Great American Smokeout.

www.smokefree.gov/index.asp

Program Pointers

Keeping your data straight

Data collection is an essential part of good program planning and implementation. But in order to be useful, data must be documented, organized, and meaningful.

Document the data

- Record the data on paper or electronically – don't rely on your memory.
- Use whatever method that works for you: a database, a spreadsheet, a form that you create. Check with your IMD resource personnel for help with data documentation. They may be able to help you create an easy-to-use electronic data collection tool.

Organize the data

- Think about what questions data collection will help you answer. Then, organize the data so that you can find the answers to those questions quickly and easily.
- Arrange data so you can find what you need, when you need it.

- Anticipate data you need to pull out on a regular basis (for example, number of participants, number of asthma-related emergency room visits, unit tobacco use rate) – then make sure you can easily find those key data points.

Make the data meaningful

- Clearly label all data you collect.
- Explain in writing where the data came from and what exactly was measured. This is especially important if you need to go back and pick up missing data points.
- Explain data significance: focus especially on ties to readiness, duty/training time saved, improved patient health, etc.
- Don't just put out a list of numbers – answer the 'so what?' question.

Good data documentation and organization are powerful tools for health promotion program planning.

HPPI News & FAQs

FY04 Request for Proposals (RFP)

Visit the HPPI web site at <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx> for the HPPI FY04 RFP.

Data Proposals: Funding up to \$5K will be awarded incrementally once data is received; applicants will be required to comply with regular, scheduled data calls.

Best Practice Proposals: Proposals will be limited to current, ongoing programs that are already collecting outcomes data. Funded applicants will receive up to \$12K. Proposals for completely new projects will not be accepted.

FAQ: Can I request more HPPI FY04 funding than the limits specified above?

Answer: The FY04 RFP will be small, with a very limited amount of funding available. Therefore, funding awards cannot exceed the maximum funding amounts noted above.

For more information about HPPI, or to see past issues of the HPPI newsletter, visit <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

To subscribe to this newsletter or send comments/suggestions send email to: Marcella.Birk@apg.amedd.army.mil or call DHPW at (410) 436-4656, DSN 584-4656.

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Don't Reinvent the Wheel!



Hooah4Health.com

This health promotion and wellness web site was specifically designed to address the force health protection and readiness requirements of the Army.

The well-designed site contains information on a wide variety of health management topics and encourages Soldiers to explore options and take charge of their health and well being. The site contains great resources, including:

- Calculators for Body Mass Index, Target Heart-Rate Zone, and APFT performance requirements
- Quarterly newsletter, media center, and toolbox for health educators
- Deployment information for Soldiers and family members

The site is also home to the Hooah4Health Challenge. This Army Correspondence Course covers health management information. Successful completion of the course earns retirement points.